

## Self-Help Support Groups Outreach Programs

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**Breastfeeding Task Force of Greater Los Angeles**  
12781 Schabarum Ave., Irwindale, CA 91706

(213) 596-5776  
FAX (213) 596-5776  
[infor@breastfeedla.org](mailto:infor@breastfeedla.org)  
[www.breastfeedla.org](http://www.breastfeedla.org)

The Breastfeeding Task Force of Greater Los Angeles is an advocacy and educational coalition with a mission of improving infant and family health by making breastfeeding the cultural norm. Provides courses, education for the public, professional continuing education and employer worksite lactation accommodation support.

The Breastfeeding Resource Directory is A FREE service, published annually to provide parents and providers with the names and phone numbers of breast feeding specialists and support groups. Access the directory at [www.breastfeedla.org](http://www.breastfeedla.org) or order by calling (213) 596-5776.

**USC Pediatric Pavilion**

(323) 226-3691  
FAX (323) 226-5692

Nutrition, diabetes, AIDS, dental, cardiology, dermatology, sexual abuse, TB, disability, and breastfeeding clinics.

**California Smokers Helpline**

[www.californiasmokershelpline.org](http://www.californiasmokershelpline.org)

A free telephone program aimed to help individuals quit smoking. Provides self-help materials, a referral list of other programs, and one-on-one counseling over the phone.

English	(800) NO-BUTTS or (800) 766-2888
Spanish	(800) 45-NO FUME or (800) 456-6386
Chinese: Mandarin/Cantonese	(800) 838-8917
Vietnamese	(800) 778-8440
Korean	(800) 556-5564
TDD	(800) 933-4TDD or (800) 933-4833
Chewing Tobacco	(800) 844-CHEW or (800) 844-2439

**La Leche League**

(800) LA- LECHE

Call for free catalog of breastfeeding and parenting literature. Referrals given for area La Leche League Leaders. 9 a.m.-3 p.m., Weekdays, Central Time.

International Headquarters and Emergency Breastfeeding Help Line: (847)519-7730  
8 a.m.-5 p.m., Weekdays, Central Time. After Hours: Referral number will be given on message.

**Los Angeles Intergroup of Overeaters Anonymous** (323) 653-7652  
6404 Wilshire Blvd, Suite 710, Los Angeles, CA 90048 FAX (323) 653-7436  
[www.oalaintergroup.org](http://www.oalaintergroup.org)

**Teen Mom & Dad** (562) 424-0775  
FAX (562) 427-9671  
Outreach program for teen moms and dads. Free Lamaze classes, support groups dealing with nutrition, parenting, and self-esteem issues. Programs are held in Long Beach, Fullerton, San Bernardino and San Gabriel Valley.

**White Memorial Medical Center** (323) 268-5000  
FAX (213) 266-5064  
For physician referral & classes (323) 265-5050

Specializing in on-going Lamaze classes in English, Spanish, and Japanese. Also, Lamaze for teens, review Lamaze, infant CPR, baby care, breastfeeding and sibling classes.

**National Association of Anorexia Nervosa & Associated Disorders**  
P.O. Box 7, Highland Park, IL 60035 (847) 831-3438  
FAX (847) 433-4632  
[www.anad.org](http://www.anad.org)

Provides FREE help with anorexia, bulimia, and compulsive overeating. Offers hotline counseling, a national network of free support groups, referrals to health care professionals & education, and prevention programs to promote self-acceptance and healthy lifestyles.

**National Eating Disorders Association (NEDA)** (206) 382-3587  
603 Stewart St. Suite 803, Seattle, WA 98101

NEDA is a non-profit organization working to prevent eating disorders & provide treatment referrals to those suffering from anorexia, bulimia, and binge eating disorders & those concerned with body-image weight issues.

**National Eating Disorders Organization (NEDO)** (918) 481-4044  
6655 S. Yale Ave., Tulsa, OK 74136 FAX (918) 481-4076

**Eating Disorder Referral and Information Center**  
2923 Sandy Point Ste. 6 <http://www.edreferral.com>  
Del Mar, CA 92014 email:[edreferral@aol.com](mailto:edreferral@aol.com)

Dedicated to the prevention and treatment of eating disorders. EDReferral.com provides information and treatment resources for many forms of eating disorders.

**UCLA Adult Outpatient Eating Disorders Program** (310) 825-9989

**TOPS (Take-Off Pounds Sensibly)**  
Tops Club Inc. Milwaukee, WI

(800) 932-8677  
FAX (414) 482-3955

Offers a healthy, caring and supportive approach to weight control. Call or go to [www.tops.org](http://www.tops.org) for more information and to obtain meeting sites.